

Bridging the gap

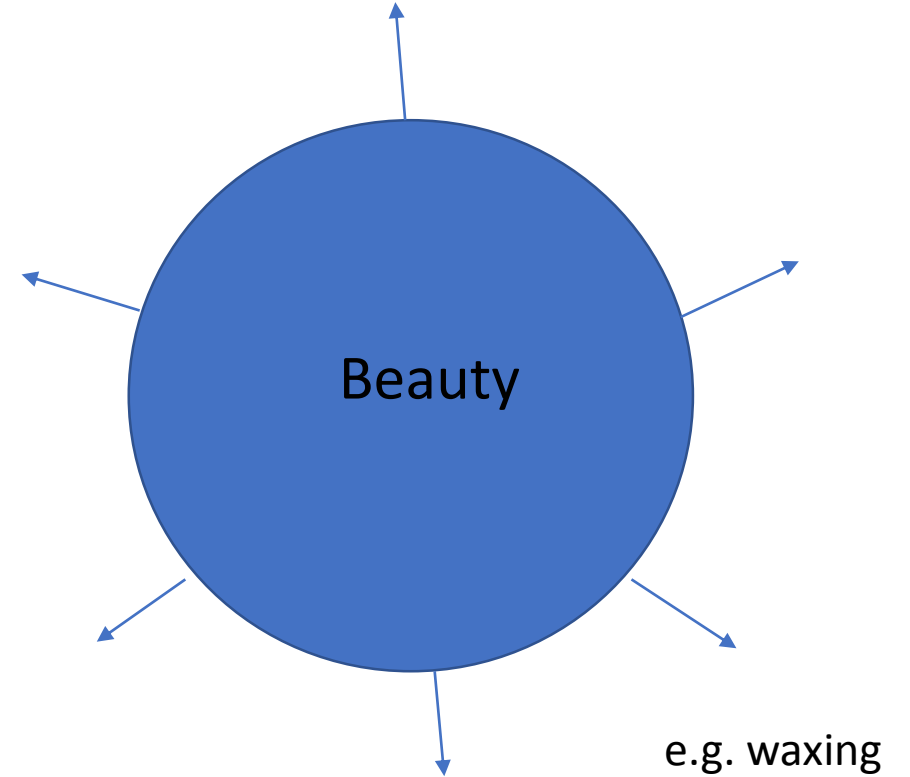
# Hair and beauty preparation

This booklet will help to recap over the information  
and prepare you for the next stage



# Activity 1

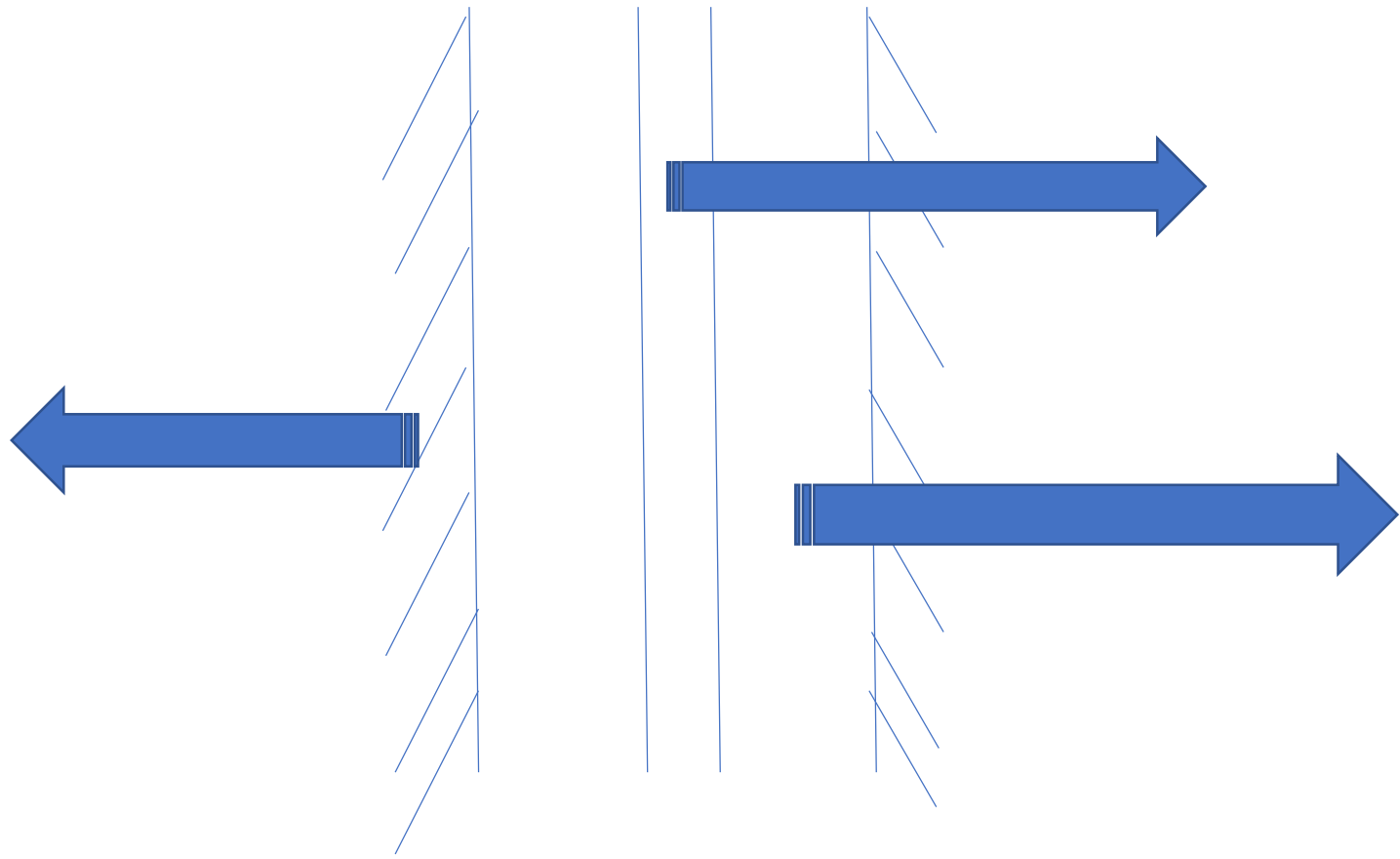
- List or draw a spidergram of the different services that are available in hairdressing and/or beauty



# Activity 2

## Hair structure

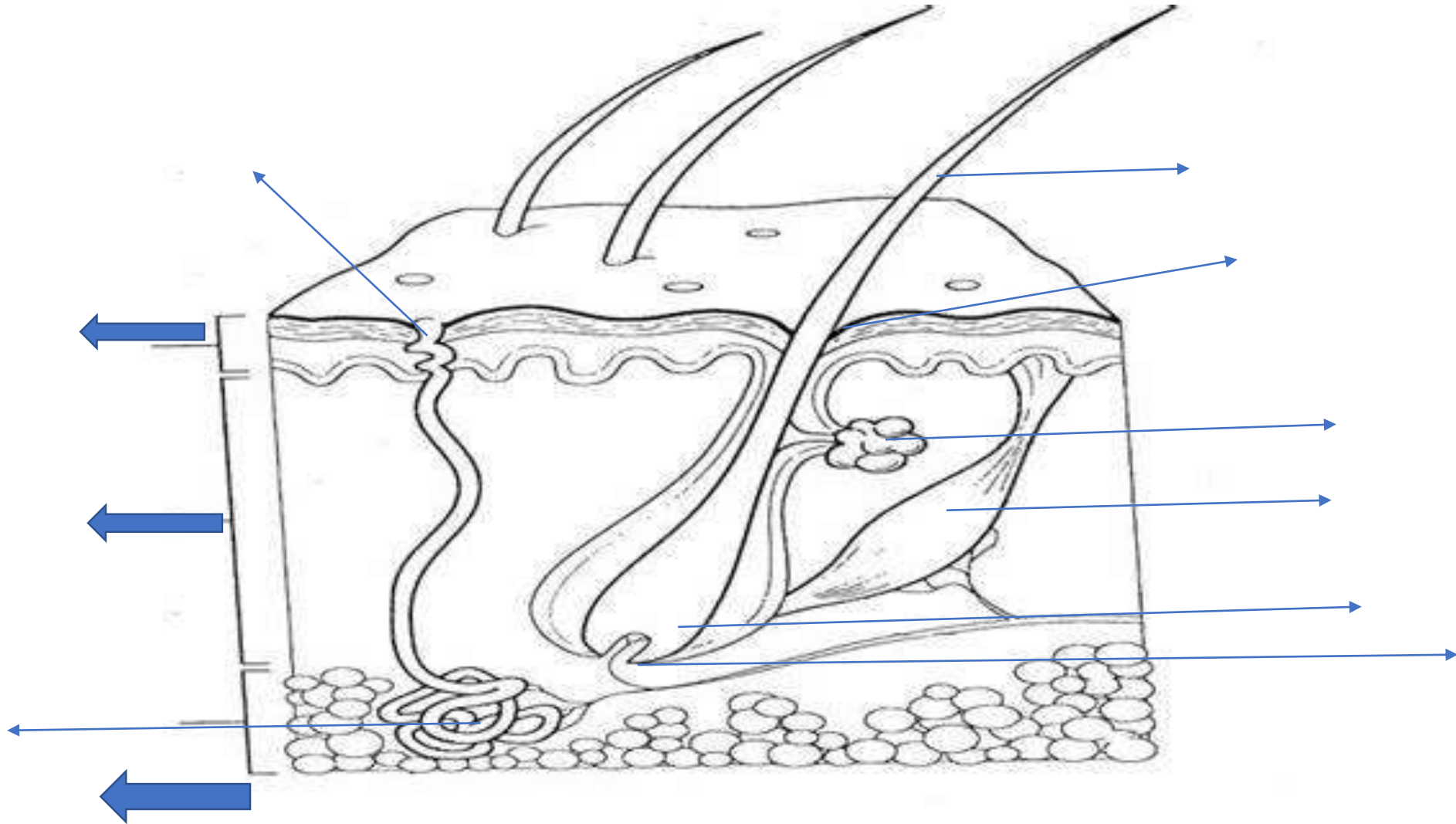
Label the diagram below with the three different layers of the hair structure



# Activity 3

## Skin structure

Label the different layers of the skin and the different parts of the skin



# Hair colour facts

Temporary hair colour: Has large molecules that coat the cuticle of the hair and will last only 1-2 washes.

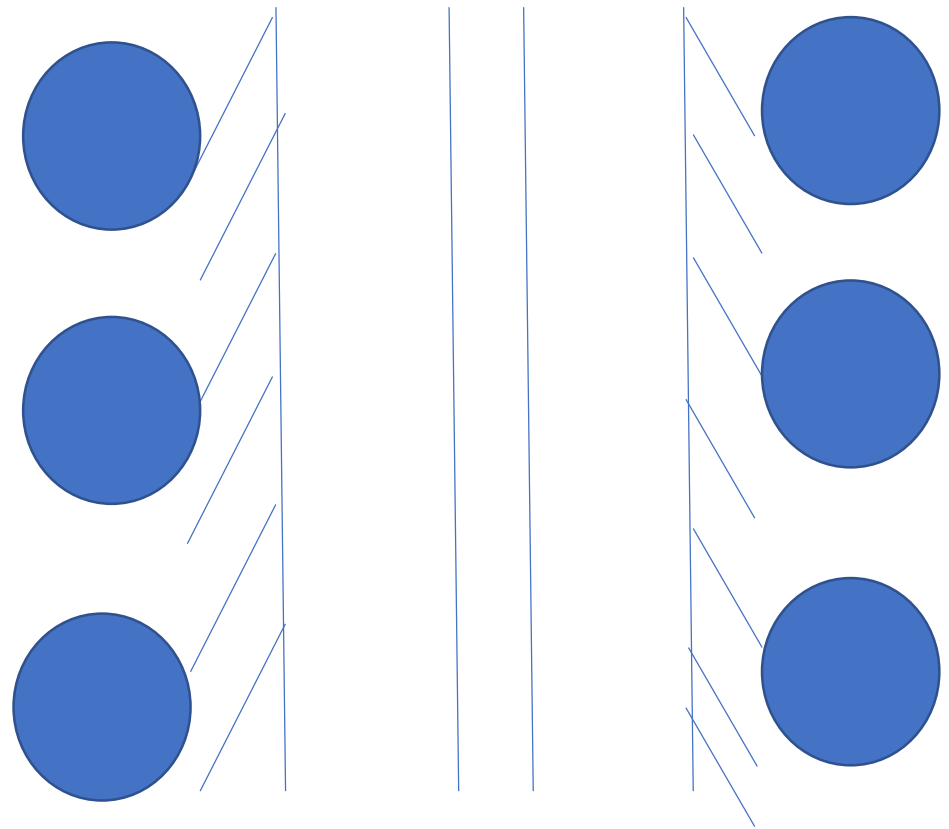
Semi-permanent: Has large and medium molecules, the large coat the outside of the cuticle and the medium sit just under the cuticle. Lasts 4-10 washes depending on the brand of the product and the condition of the hair.

Quasi-permanent: In between a semi and a permanent. Has medium and small molecules. The medium sit under the cuticle and the small sit on the cortex. Lasts up to 24 washes depending on the condition of the hair. Fades from the hair gradually.

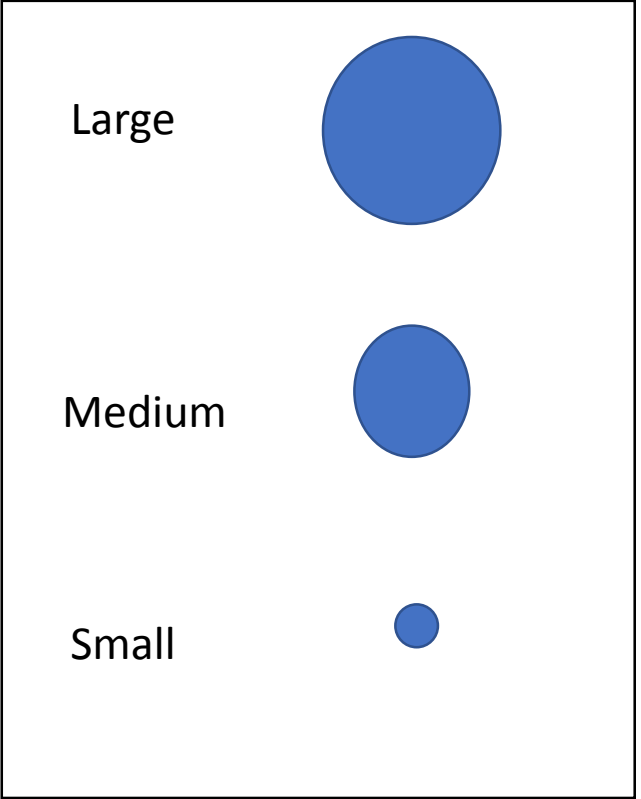
Permanent: Has small molecules that enter the cortex and then expand (oxidise) to become trapped in the hair, making the colour permanent. Will grow out.

# Activity 4

- Following the information on the previous page, draw where the molecules sit on the hair structure.



e.g. Temporary colour



# Activity 5

## Facial

Watch the clip below, then answer the questions ( you can also practice this technique on someone or yourself:

[https://www.youtube.com/watch?v=T-27W\\_INYrA](https://www.youtube.com/watch?v=T-27W_INYrA)

How to do a facial.

1. Which movements are best to use during the cleansing process?
2. Where do you start applying the product from?
3. How do you remove the cleanser?
4. In which order should you apply the products?
5. How do you apply the toner?
6. How is the eye cream applied?

# Activity 6

## How to shampoo and condition the hair

Watch the following clip, then research what the 3/4 massage movements are called and what and when they are used for shampooing and conditioning the hair.

<https://www.youtube.com/watch?v=RRREDyccDxc>





# Activity 7

## Manicure

Watch the following clip, practice technique if able to, and answer the questions.

<https://www.youtube.com/watch?v=66jMNxcw0A4>

1. In which direction should you file the nails?
2. What should you do with the cuticle stick before you use it?
3. What is the piece of skin called that sticks up at the side of the nails?
4. What should you do with tools before you start a manicure on a client?
5. What are the movements called you should use during the massage process?
6. What should you do before you apply the polish?
7. Why do you use a base coat?
8. What should you do at the end of each coat of polish?

# Activity 8

Complete the table, explaining what each skin type will look like and what could cause it

Skin Type	Description
Normal	
Dry	
Greasy	
Combination	

# Activity 9

- Complete the table to explain what each hair/scalp condition look and what can cause it

Hair Type	Description
Normal	
Dry	
Greasy	
Dandruff	

# Activity 10

use the sheets provided to come up with different nail designs.

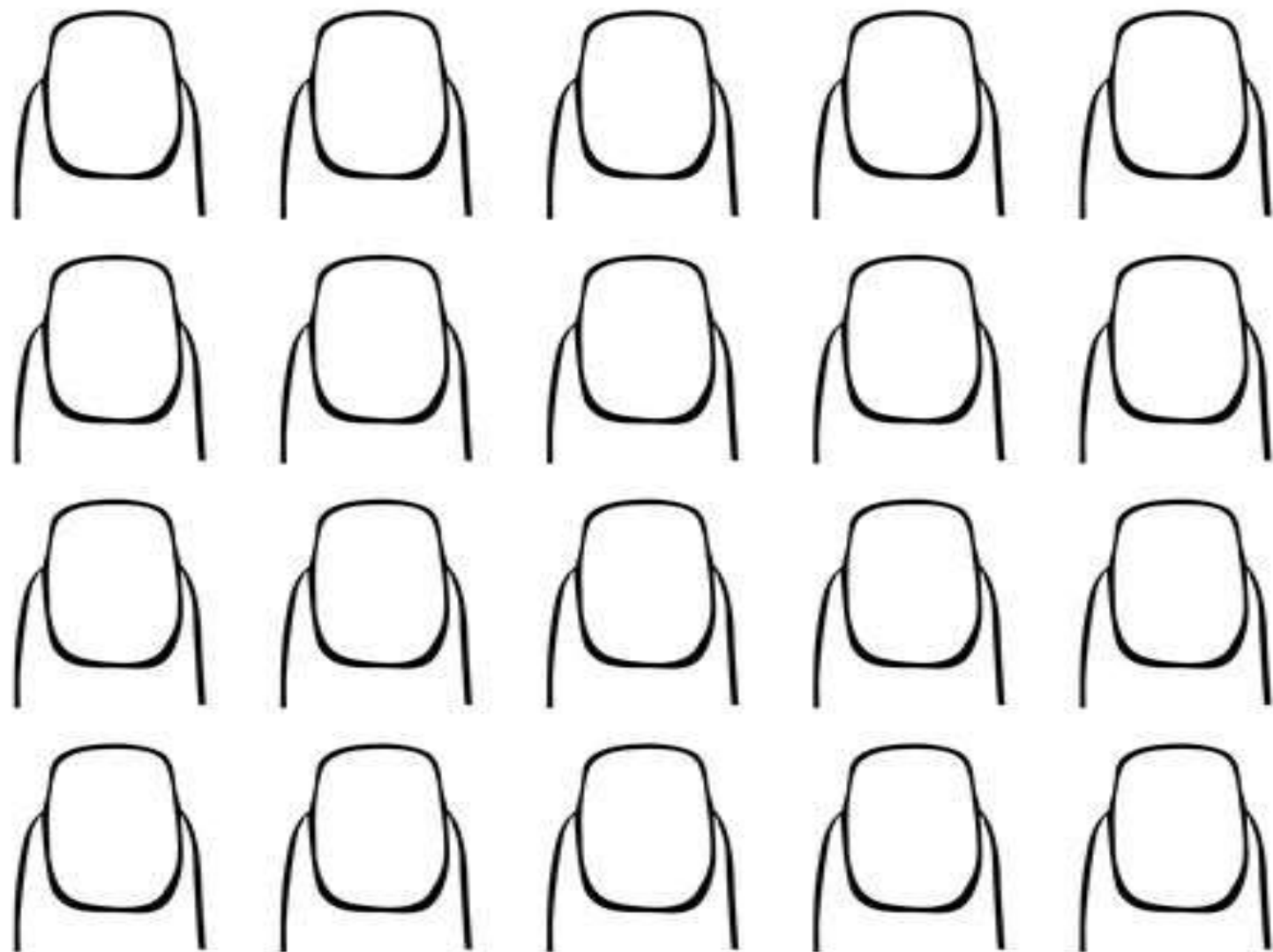
A video has been included:

[https://www.youtube.com/watch?v=EIL895fr\\_Jg](https://www.youtube.com/watch?v=EIL895fr_Jg)

# Nail Design Practice Template



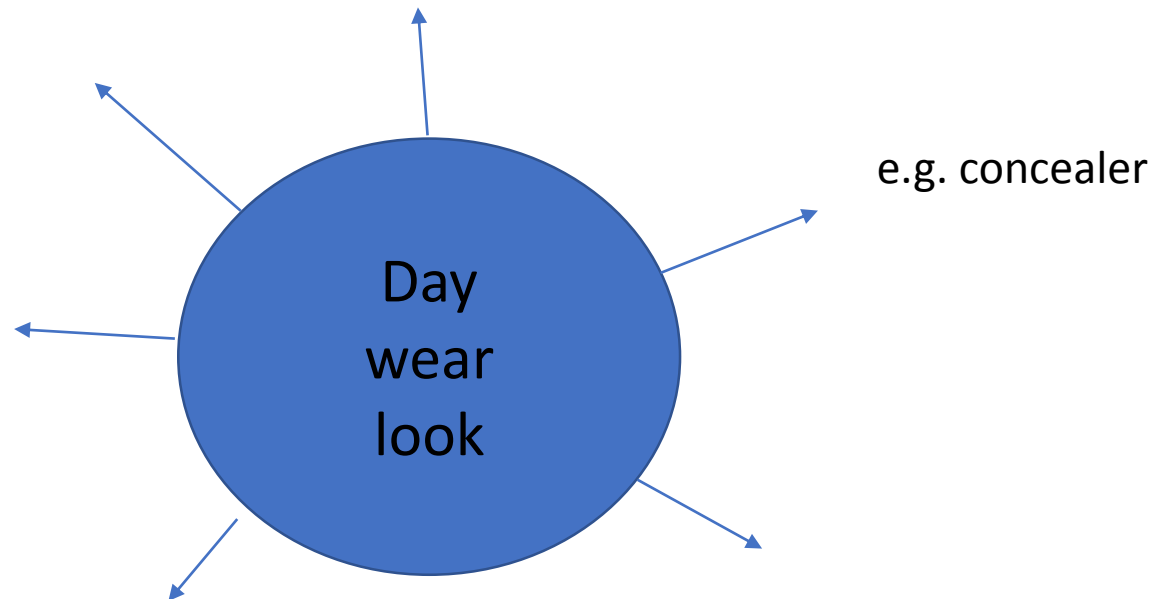
*Practice makes perfect!*



# Activity 11

Make a spidergram or list the different makeup products and tools that would be used to create a day wear look.

<https://www.youtube.com/watch?v=NrI6BZzwvhk>





Label where you  
would apply each  
makeup product

You can use this  
sheet to practice  
makeup  
applications

# Activity 12

Watch the clip and practice the technique either on yourself, a head block or someone you live with. Complete the paragraph underneath:

<https://www.youtube.com/watch?v=bpUQMulAB98>

Hair is classed as hygroscopic. This means the hair has the ability to \_\_\_\_\_ moisture. This then allows the hair to be able to change shape. Hair in its natural state is called alpha \_\_\_\_\_, once hair has been styled into its new shape, it is called beta \_\_\_\_\_. If any moisture gets into the hair, it reverts back to \_\_\_\_\_ keratin. By using finishing products, it helps prolong the life of the style by putting a \_\_\_\_\_ film over the hair.

protective

keratin

alpha

absorb

keratin